



Valley Village

Aging in My Home with Mutual Support

Member of
Village to Village Network

Vol. 12, No. 2 March - April, 2022

Quick Look

Right click on link then select "Open link in new tab"

**Thursday, April 14, 2022
10:00 AM**

[Visit to Generations Crossing](#)

**1st Thursday, 10:00 AM
3rd Tuesday 7:00 PM
April & May**

Valley Village Member Orientations

Wednesday, April 20, 2022 4:00 PM

[Valley Program for Aging Services
Medicare: An Update of Its Services
and Policies](#)

Thursday, April 21, 2022, 10:00 AM

Thursday, May 19, 2022, 1:00 PM

[Be Part of Making America
"Dementia Friendly"](#)

Thursday, April 21, 2022, 5:30 PM

[Monthly Supper Club](#)

Thursday, April 28, 2022, 10 AM

[Quarry Gardens at Schyler, VA](#)

Thursday, May 12 4:00 PM

[Acupuncture and Chinese Medicine](#)

Thursday, May 19, 2022, 5:30 PM

[Monthly Supper Club](#)

Tuesday, May 24, 2022, 8:30 AM

[Pickleball Class for Beginners](#)

Thursday, May 26, 2022, 8:30 AM

[Ginter Garden Tour, Richmond, VA](#)

For details on all events visit

valleyvillagehbg.org

Newsletter

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"Just One Call"
540-209-6484

Tribute to Keith Gnagey



Keith Gnagey

Ever since Keith Gnagey was likened to the Roman god Janus and a beaver, we will never look at him in quite the same way. These strikingly different images are the ones Greg Versen used to describe the key role Keith played in the beginning of Valley Village and in guiding us through our first ten years.

Versen described Janus as the god of beginnings and transitions, the god who had two faces, one facing forward and the other backward, the god who presided over creation and change. That makes sense for the founder of an organization. Keith used his past skills as Virginia Mennonite Retirement Community Vice-President for 26 years and Executive Director of Harrisonburg Free Clinic for nine and a half years. He

also looked forward to his own retirement and to the needs of others as they entered this new phase of life.

But what about the beaver? Is it his broad, powerful tail? No, it is his sharp teeth that never stop growing. A beaver needs to gnaw continually to keep its teeth "trimmed," and that is Keith too, Versen said—he is "Mr. Non-Stop and What's Next," always looking for the next good project. He went on to say:

In November 2007, Janus & the beaver got together and made a plan. Janus said to Keith, "You know a lot about older people who live in assisted living communities and you know a lot about people who live in the community who need access to services, especially the older folks. What might be the needs that you can help provide?" Then, the beaver speaks, "Now, whatcha gonna do about that?"

In collaboration with others, Keith found plenty to do about it, first in surveying both needs and resources, and then in energizing others to join the effort of forming an organization that continues to grow in membership and services.

Thank you, Keith, for your solid work, your dedication, and your vision! You have enriched our lives and helped us live into new possibilities.

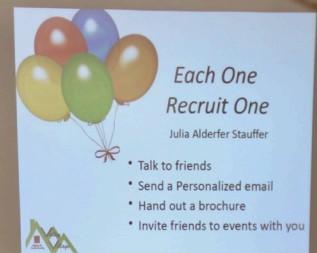
Kathie Kurtz



Keith Gnagey and Greg Versen

2022 Annual Members Meeting

Approximately 70 members and guests attended this year's Annual Meeting in the West Dining Room on the EMU campus. The door prizes provided much delight. Valley Village's 10th anniversary was celebrated with a yummy cake and a remembrance from founding members Keith Gnagey and Paul Yoder. We reviewed the State of Valley Village, as well as our 5-year Strategic Plan. Members asked good questions and there was some excellent discussion. Finally, Clara Yoder and Keith Gnagey were recognized for the years of service they've provided to Valley Village. Thanks to everyone who attended, and especially those who made it happen.



The Friendly City?:

Two Harrisonburg Stories of Race and Reputation

On the afternoon of February 17, Mark Sawin, Eastern Mennonite University history professor and Fulbright scholar (2008-09, Croatia), gave an engaging presentation to a group of 25 people in the fireplace room at Park View Mennonite Church. He is currently involved in collaborative research with local African American families and James Madison University. Using original sources, Mark detailed the events surrounding a murder that happened on Water Street in Harrisonburg July of 1910. Although a lynching of the accused person was averted, unfair court actions caused the quick 'legal' execution of Pink Barbour, an African American man.

This event illustrates what was happening in many places around the country. At that time, lynching was viewed as "making a modern city look bad," so new legal methods were used by the courts to execute an even greater number of African Americans. Tragically, this became the new normal with implications that are still impacting the justice system today.

Betty & Keaton Shenk



Mark Sawin

On the Road Collaborative, Deanna Reed



Harrisonburg Mayor, Deanna Reed

On March 3rd, Harrisonburg Mayor Deanna Reed delighted members of Valley Village with her enthusiastic presentation about the On the Road Collaborative. This nonprofit organization seeks to empower students by offering them equal access to educational opportunities and to hands on career experiences. The program addresses academics, leadership, workforce skills, college and career knowledge, and self-efficacy. So far, about 1,000 students have completed the program.

Since January 2017, the city's middle and high school teachers and counselors have referred 300 students a year to the Collective, a free 10-week program that consists of two parts. The in-school component meets Monday-Thursday for 2.5

hours as an extension of the school day. Transportation home is provided, documents are translated and events are interpreted as needed.

The off-campus component offers extensive career enrichment opportunities—in-person visits and hands-on learning in a wide variety of businesses, service organizations, and community college and university campuses. Some of these visits include overnight experiences and opportunities to meet students.

On the Road Collaborative is a grant-funded organization that invites community members to get involved in any of its activities at any level—a wonderful time for intergenerational experiences and mentoring. Those interested in volunteering can contact them [here](#).

Greg Versen
Ann Bender

Career Enrichment Offerings		
Aviation	Mock Trial	Coding
Dentistry	Architecture	Carpentry
Floristry	Pottery	Barbering
Cosmetology	Hospitality	Fire & Rescue
Real Estate	Athletic Training	Healthcare
Landscape Architecture	Veterinary Sciences	Emerging Chefs



Museum of the Shenandoah Valley Tour

Despite the snow showers and cold, eleven Valley Village members carpooled to Winchester on January 28 for a delightful and educational tour of the Museum of the Shenandoah Valley. As a privately funded museum, it was hosting the PhotoArc collection of animal pictures on tour from National Geographic. The show featured amazing pictures of animals, their eyes staring straight at the camera.

There were extensive displays showing the history and productive skills of the enslaved people who did much of the physical work behind the development of the Shenandoah Valley. There were also displays of early furniture, pottery, and crafts of the area. The gardens and the preserved home are not open in the winter, but we hope to return again in warmer weather to see what we missed. We called off the lunch visit to Apple Blossom Mall because of Covid concerns. Lowell Wenger





How To Avoid a Scam

From the Federal Trade Commission [Website](https://www.ftc.gov)

Recognizing these common signs of a scam could help you avoid falling for one. (To open links in a new tab, right click on link text and the select "Open link in new tab".

Four Signs That It's a Scam

1. Scammers PRETEND to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the [Social Security Administration](#), the [IRS](#), or [Medicare](#), or make up a name that sounds official. Some pretend to be from a business you know, like a [utility company](#), a [tech company](#), or even a [charity](#) asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2. Scammers say there's a PROBLEM or a PRIZE.

They might say you're in trouble with the [government](#). Or you [owe money](#). Or someone in your family had an [emergency](#). Or that there's a [virus on your computer](#).

Some scammers say there's a problem with one of [your accounts](#) and that you need to verify some information.

Others will lie and say you won money in a [lottery](#) or [sweepstakes](#) but have to pay a fee to get it.

3. Scammers PRESSURE you to act immediately.

Scammers want you to act before you have time to think. If you're on the [phone](#), they might tell you not to hang up so you can't check out their story.

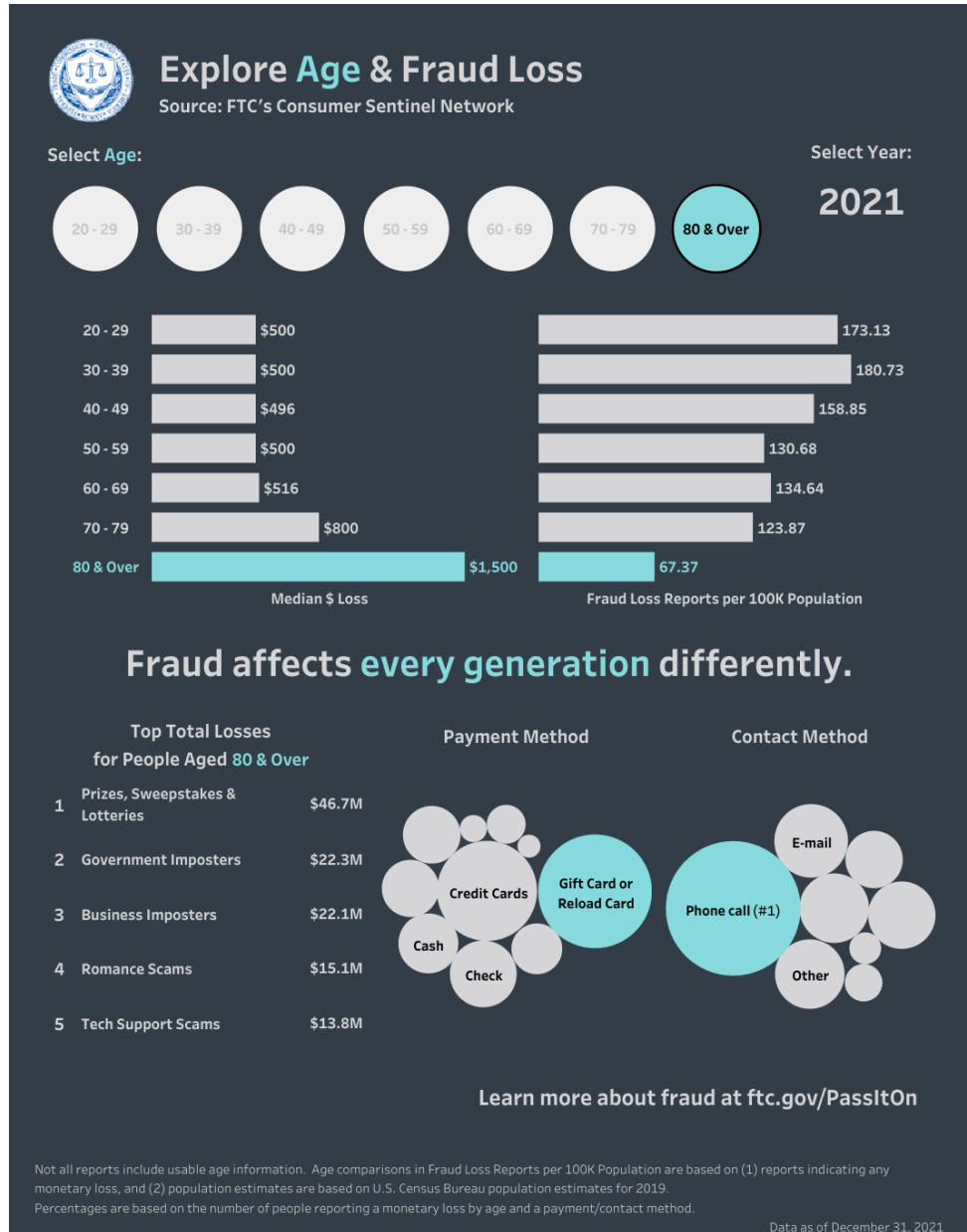
They might threaten to arrest you, sue you, take away your driver's or business license, or deport you.

They might say your computer is about to be corrupted.

4. Scammers tell you to PAY in a specific way.

They often insist that you pay by [sending money through a money transfer company](#) or by putting money on a [gift card](#) and then giving them the number on the back.

Some will send you a [check](#) (that will later turn out to be fake), tell you to deposit it, and then send them money. Click [here](#) for further information.



Trying to Become a Bit Fit

Well-Being

by Stan Godshall, MD



Dr. Stan Godshall (retired) worked 40 years in Family Practice in Elizabethtown, PA, with five years of work (three short terms scattered among those 40 years) in Tropical Medicine and Surgery in Shirati, Tanzania. He and Susan are members of Valley Village.

"I did 20,348 steps today—so far!" exclaimed my 9-year-old granddaughter looking at the Fitbit on her left arm after a busy day at school that included a gym class. I sheepishly pulled out my iPhone, tapped the "Health" icon and confessed, "I have 2,829." Then guilt set in: What is wrong with me? Am I an old joint-creaking recluse who cannot get out of my chair?

What should my steps-per-day goal be as a 78-year-old man? The Fitbit entered our lives around 2008 and it continues to add features making recording, saving and analyzing our data an easy venture. In the past I had recommended 15,000 steps as an ideal daily goal. But that goal seems elusive to many.

But any amount of activity is preferable to just sitting in a chair. Recent health studies reveal that 7,500 steps per day provides an ideal amount of activity for maintaining good health and reducing the incidence of heart disease, obesity, diabetes, high blood pressure and depression. If you are not into Fitbits or iPhone apps, just aim for 150 minutes of exercise per week. These 150 minutes can be divided in many different ways. Some people aim for 30 minutes of exercise five days a week. Others fit in 10 minutes of exercise several times a day. I recommend walking:

- Take the dog for a walk
- Use bouncy music to increase your walking speed
- Walk with a friend
- Walk while you are waiting for an appointment or for a telephone answer
- Park farther away from your destination
- Take the stairs
- Go shopping.

I recently went grocery shopping on a Monday morning (when the shelves are not well-stocked) looking for some very specific, but rare gluten-free items. I stopped at six different grocery stores searching up and down those long aisles (I do not ask anyone where the items are placed—I'm a man) and I garnered 3,745 steps!

How much do you want to be fit? Nearly everyone can reap the benefits of walking more, step by step.

Stan Godshall



Supper Club Meets

Supper Club met this month for the first time since last fall. Ann & Paul Yoder hosted a group of 8 in their garage. Other attenders were new members, Olin and Norma Burkholder, along with Ed and Clara Yoder, Tom DuVal, and Lorie Merrow. Beginning in April, we hope that Covid numbers will be down enough to allow groups of 8 to 12 people to gather indoors.

We will plan for Supper Club again on April 21. Currently each person or couple is asked to bring their own meal and beverage but that may shift as sharing food is considered safe. If you would like to host a group of 8-12 people in your garden, patio, dining room, or garage, let our committee know. We'd love to pass around the hosting. You can reply to:

Paul Yoder
540-810-0923
41yoder89@gmail.com

Supper Club began when a monthly breakfast at the Little Grill stopped due to the pandemic, and the format could change again. The Social Committee is open to trying new options—meeting indoors for a real “Supper,” meeting at a restaurant, or shifting to a game night. Our committee believes that group interaction is very important as we age and want to find ways to encourage that. Your suggestions are welcome.

Paul Yoder

Upcoming Supper Club Meetings

Thursday, April 21, 5:30 PM

Thursday, May 19, 5:30 PM


Thursday, June 16, 5:30 PM

Thursday, July 21, 5:30 PM

Thursday, August 18, 5:30 PM

Thursday, September 15, 5:30 PM

Vendor Spotlight



The Natural Garden—Living Landscapes is a local business started by Karl Shank. If you are interested in encouraging butterflies, native bees, or other beneficial insects on your property, The Natural Garden is an excellent source of plants to do so. They also offer services in garden design and habitat restoration.

Plants can be ordered on-line and then picked up the next Saturday at The Farmer's Market. Some of their plants are also available at the Friendly City Food Coop. In addition to ordering plants, you may just enjoy exploring their website: www.thenaturalgarden.net

Vendor Recommendations Wanted

We have specific requests from members for recommendations for vendors providing the following services: 1) window washing, 2) general house cleaning. If you can recommend someone or a company for these services, please notify me.

Wayne Kurtz
Service Provider Coordinator
wdkurtz@outlook.com



Dementia-Friendly Training

The Wellness Committee has held three Dementia-Friendly Trainings, in conjunction with Valley Program for Aging Service. We've trained 28 Valley Village members on how to recognize signs of dementia, and how to communicate more effectively with people suffering from dementia. The training was highly appreciated and lauded by those in attendance.

We will continue to offer the trainings, on third Thursdays monthly. Please go to our event calendar for times and to register. Email <valleyvillagehbg@gmail.com> should you need help or have questions.

According to Joyce Nussbaum at VPAS, if we can get to 50% of our members trained, we can officially call Valley Village a Dementia-Friendly organization. Not to mention the value to our community for the awareness of dementia we bring!

Just One Call

Just One Call is back in action! Thank you to Paul Yoder and Katherine Cottam for giving rides to Valley Village members last month.

Seventeen members have signed up as volunteers to provide services such as meal preparation, light yard work, shopping and errands, house checks while someone is traveling, as well as transportation.

If you have a short-term need for help, please log in to the Valley Village website and click on the "Services" tab to see our services and request a Just One Call volunteer. You also can email vvjustonecall@gmail.com or call 540-209-6484.

If you would like to be a volunteer, you'll find the link to sign up there, too.

Just One Call is here to advance the Valley Village goal of Aging at Home with Mutual Support.

Tom DuVal

Corrections

In the January-February newsletter picture of the original Valley Village board, Don Albright was misidentified as Don Armentrout.

The article, "I Was Gift Card Scammed – Almost," was not credited to Julia Stauffer who wrote it.

My apologies to both Don and Julia.

Kathie Kurtz

Upcoming Events

On-site visit to Generations Crossing on April 14th at 10:00 a.m.

Generations Crossing is a unique program for adults unable to be home alone during the day. It offers a stimulating and friendly environment, promotes social, physical, intellectual and emotional well-being, a place to enjoy the company of other adults with medical care, and opportunities for intergenerational activities. For more information visit their [website](#).

Generations Crossing is located at 3765 Taylor Spring Lane near Sunnyside Retirement Center. We are limited to 15 persons and will need to register ahead of time. Carpooling from PVMC parking lot is recommended. Plans are contingent on the status of Covid conditions, so stay in touch for further information.

Ann Bender

Pickleball for Beginners

Have you heard about the latest sport taking the country by storm? It's pickleball! If you haven't yet learned to play it, here is a chance to learn and to have fun doing it! Join other beginners on Tuesday, May 24, 8:30 am, at the pickleball courts beside Waterman Elementary School.

Lynn Roth, a veteran pickleball player, will teach us the basics as we practice and learn together. Courts cannot be reserved, so we're hoping that by choosing an early time on a Tuesday morning, there will be several courts open. However, it is possible we'll have to wait for an open court.

Lynn has extra paddles and balls, but if you have your own, please bring them. Also bring a water bottle, hat, sunscreen, snack, etc.

Registration is required and will be limited to 10. If more than 10 wish to register, there will be a waiting list. If fewer than 10 register, then guests will be welcome. Rain date: Tuesday, May 31, 8:30 am.

Questions? Call or email Betty Shenk bettyshenk@gmail.com 540-705-0531



President's Reflections

Planning a Path for Valley Village

Last November, our Board of Directors approved a five-year Strategic Plan for Valley Village (VV.) The plan seeks to enlarge services and activities for members, and to increase membership and revenues. Our overall goal is to enable more people to stay in their homes as long as possible.

Progress is already visible. We have established an Executive Committee to enhance the effectiveness of the Board. A new Wellness Committee has just completed a set of Dementia Friendly trainings, is piloting a StrongerMemory group, and promises a Pickleball Clinic soon. Just One Call has become an official committee, and has added an online option for service requests and volunteer sign-up. Using a newly-designed brochure, the Board is initiating the Each One Recruit One campaign. New members are joining VV at an increased rate, bringing us to our highest total to date. We hope to double and diversify our membership over the next three to four years.

Increased membership will bring increased revenue, enabling us to contract with a Care Navigator. This person will be able to offer members individual counseling on various matters of aging and help connect them with resources.

The VV Strategic Plan was developed by an ad hoc Strategic Planning Committee: Pearl Lantz, Daryl Peifer, Helen Nafziger, Susan Godshall, and Lorie Merrow. The full Plan is now available on our website under the Resources tab. Details may be adjusted as we go, but the Plan provides a path for us to walk together.

Lorie Merrow

Valley Village Board Notes

At the February meeting, the Board:

- finalized plans for the new VV brochure
- decided not to pursue hybrid meetings
- discussed committee recruiting
- agreed to make phone calls to members in advance of the annual meeting

At the March meeting, the Board:

- discussed the progress of the online member application
- finalized the pieces of the Annual Members Meeting
- approved \$30 for a sign recognizing door prize donors at the annual meeting
- discussed positive developments in membership outreach

Valley Village Volunteer Opportunities: Volunteer with the best!

The following committees have open seats:

- Social Committee: organizes social gatherings, interest groups, etc.
- Education Committee: organizes presentations on aging and topics of general interest
- Board of Directors: takes initiative and helps guide the organization
- Just One Call: offers opportunities to help other members occasionally with light work or transportation

Contact Julia at jastauff@comcast.net or Lorie at elemerrow@gmail.com with questions or interest!



Find Valley Village on Facebook!

Valley Village Page: facebook.com/ValleyVillageHarrisonburg

Valley Village [private] Group: facebook.com/groups/vvhbg

Board of Directors

As of Jan 1, 2022

Lorie Merrow, President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Pearl Lantz
Ann Bender
Stan Godshall
Julie Alderfer Stauffer
Elaine Zook Barge
Keith Gnagey, ex officio

Valley Village Committees and Members:

Education Committee

Greg Versen-Chair, Ann Bender, Keaton Shenk, Keith Gnagey, Rosemary King

Social Committee

Paul Yoder-Chair, Julie Alderfer-Stauffer, Vi Miller, Faye Yoder

Tour Committee

Linda Gnagey-Chair, Vi Miller, J. Lowell Wenger, Ruth Zimmerman

MemCom (Membership and Communication)

Lorrie Merrow - Chair, Nancy Faulkner, Julia Alderfer Stauffer, James Musser, Hannah Lapp, Marcia Moshier

Newsletter

Kathie Kurtz-Editor, Earl Zimmerman-Associate Editor

Just One Call-Volunteer Program

Tom DuVal-Coordinator, Larry Miller, Bev Stauffer

Service Provider Program

Wayne Kurtz, Coordinator

Wellness Committee

Betty Shenk, Keith Gnagey, Teresa Boshart Yoder, Ruby Zehr, Elaine Zook Barge

Film Committee (on hiatus)

Steve Shenk-Chair, Chris Edwards and Robin McNallie

The Valley Village Newsletter supports the mission of Valley Village by publicizing events, services and opportunities, by educating members on topics of general interest, including aging-related, by connecting members through event recaps, profiles, birthdays, etc., and as a vehicle to promote membership.

Valley Village newsletter is published bimonthly (every two months). Deadline is May 19, 2022, for submissions to the May - June 2022 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net. New and recently new members: May we please put you in the New Members' Spotlights? Please include at least one digital photo, and send to Kathie Kurtz. Thanks!